



Mid-America
Orthopedics

Surgery Information Packet

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Welcome

Dear Valued Patient,

Welcome to Mid-America Orthopedics! The entire staff at Mid-America Orthopedics is dedicated to restoring quality of life, one patient at a time, for those who suffer from orthopedic issues.

Quality of life can mean something different for each patient. For many, it means spending time with family, enjoying a round of golf, a bike ride, or a simple walk. For everyone, being able to move and walk without pain is an important part of living well. As we age, doing things we love to do without pain often becomes a challenge.

Dr. Livermore has worked closely with the medical staff to develop a surgery program to shorten your post-operative stay, improve the excellence of orthopedic care, and make your entire experience more enjoyable. Your satisfaction is our top priority.

Your education and participation are essential to ensuring you have an outstanding experience and the best possible outcome, so please read all of the information provided to you in this packet. You will know what to expect, how to prepare, and learn important tips on how to recover well.

Our goal is to provide you with the best patient care possible. With comprehensive patient education and individually tailored care, our program is designed to provide the information, care, and support you need every step of the way to achieve your ideal experience.

Sincerely,
Your Mid-America Orthopedics Surgery Team

Meet the Team



DR. RYAN LIVERMORE

Orthopedic Surgeon, Sports Medicine Physician

Dr. Ryan W. Livermore, MD joined the Mid-America Orthopedics team in 2018. Dr. Livermore is an accomplished orthopedic surgeon and Fellowship Trained in Orthopedic Sports Medicine and Arthroscopic Surgery. He brings over a decade of experience treating orthopedic sports injuries, work injuries, and general orthopedic conditions to include fracture care. Dr. Livermore specializes in providing comprehensive care for conditions of the shoulder, knee, and hand, as well as arthroscopic and reconstruction surgeries.



BRIAN ZERGER

Physician Assistant

Brian earned a bachelor's degree from Bethel College in North Newton, Kansas, and a Master's degree from Wichita State University. Born and raised in Newton, Brian moved to Olympia, Washington and joined Olympia Orthopedic Associates as a physician assistant. He then moved back to Kansas after the birth of twins and worked at Kansas Joint and Spine Institute for three years in orthopedic spine care. In 2013, Dr. Livermore offered a position in Sports Medicine and they have worked together ever since. Brian enjoys working side by side with Dr. Livermore as a surgical first assist and as a clinic provider.



RACHELLE JESSEPH, PA-C

Physician Assistant

Rachelle has a Physician's Assistant degree from Wichita State University. She has a rich history in different aspects of medicine and brought her expertise to Mid-America Orthopedics in 2012. Rachelle went into orthopedics because she likes helping athletes and people get back to their desired level of activity, like her surgery team did for her after her sports-related injury. She assists Dr. Bhargava in clinic and surgery. Rachelle is a mother of 4 children and in her spare time enjoys running marathons.



RACHAEL BUSH

Lead Medical Assistant & Surgery Scheduler

Rachael joined MAO in May 2019. She serves as Dr. Livermore's lead medical assistant in clinic, schedules all of his surgeries, and obtains authorizations.

When & Where is Your Surgery

Date of Surgery: _____

Andover Surgery Center

1124 W 21st St. Andover, KS 67002 • (316) 440-3200

Newton Medical Center

600 Medical Center Dr. Newton, KS 67114 • (316) 283-2700

Newton Surgery Center

800 Medical Center Dr. (1st Floor) Newton, KS 67114 • (316) 804-6161

Kansas Medical Center

1124 W. 21st St. Andover, KS 67002 • (316) 300-4000

Kansas Surgery & Recovery

2770 N. Webb Rd. Wichita, KS 67226 • (316) 634-0090

Precision Surgery Center

1857 N. Webb Rd. Wichita, KS 67206 • (316) 866-2540

Rock Regional Hospital

3251 N. Rock Rd. Derby, KS 67037 • (316) 425-2400

Wesley Woodlawn

2610 N. Woodlawn St. Wichita, KS 67220 • (316) 858-2653

Surgicare Of Wichita

2818 N Greenwich Rd. Wichita, KS 67226 • (316) 685-2207

Surgery Checklist

- Schedule physical therapy to begin 2 days after surgery (if applicable)
- Schedule post-op appointment in clinic 8-14 days after surgery
- Get all pre-operative clearances/ blood work done (if applicable)
- Make arrangements to have someone drive you home
- Read the enclosed booklet “Having Surgery with Dr. Livermore”

What to Bring on the Day of Surgery

- Your current insurance card and photo I.D.
- Knee surgery – crutches/walkers and/or brace dispensed prior to surgery.
- Shoulder surgery – sling dispensed prior to surgery.
- Polar Packs/ Cold therapy units are available for purchase. Please request prior to surgery for availability.
- If you have sleep apnea and may be staying overnight you must bring your CPAP machine.
- All medications you are currently taking in their original packaging.

Medications to Stop Prior to Surgery

- Stop Coumadin, Warfarin, Plavix under the guide of your physician 7 days prior to surgery.
- Stop all anti-inflammatories/NSAIDS (ibuprofen, Aspirin, Advil, etc.) 7 days prior to surgery.
- Stop all herbal supplements – fish oils, multivitamins, etc. and diet pills 2 weeks prior to surgery.
- Stop cigarette smoking and chewing tobacco 24 hours prior to surgery.

- If you take insulin or oral diabetic medications, please consult your physician for instructions.

Other Reminders

- **Bring all disability forms/FMLA forms to Dr. Livermore's team for completion.** Please allow 7-10 days for processing and indicate if the forms need to be mailed, faxed, or picked up. Please note, you may be charged for the completion of some forms.
- **Leave the entire day of surgery open as the time of surgery can change!**
- **The facility will call you before your surgery to confirm arrival time**
- **The arrival time is not the procedure time. You may want to bring something to do or read.**

If you have any questions, please contact Dr. Livermore's team by calling 316-719-2162 or 316-928-8326.

REMINDER

****If you have not received a call by 3:00 p.m. the day before your surgery to confirm your time, please call the facility where your procedure is being performed.****

**Andover
Surgery Center**

(316) 440-3200

**Newton
Surgery Center**

(316) 804-6165

**Kansas
Medical Center**

(316) 300-4000

**Kansas
Surgery & Recovery**

(316) 634-0090

**Precision
Surgery Center**

(316) 866-2540

**Rock Regional
Surgery Center**

(316) 425-2410

**Wesley Woodlawn
Hospital**

(316) 858-2653

**Surgicare
of Wichita**

(316) 685-2207

Having Surgery with Dr. Livermore

The following information is provided so that you will know what to expect before, during, and after the surgery.

Before the Surgery:

- Do not take ibuprofen, naproxen, aspirin or any medication that contains aspirin for 7 days before your surgery.
- You may take a non-aspirin pain reliever, such as Tylenol®. You may take 2 extra strength Tylenol every 4 hours up until 12 midnight before surgery.

If you are taking:

Coumadin or other blood thinners- you will need to stop taking it 7 days before surgery. You may restart your blood thinners after surgery if your surgeon agrees. Make sure that your family doctor is aware of this since they may need to monitor your Coumadin levels after surgery. Please ask your primary care physician whether “bridging” of your anticoagulant therapy is required.

Discontinue all **herbal medications/supplements** and **diet pills/medications** 2 weeks before surgery.

The Pre Admission Screening Unit staff will call you one business day before your surgery to notify you of what time to arrive.

Do NOT eat or drink anything after midnight the night before your operation. You may brush your teeth and use mouthwash the morning of surgery, but do not swallow any liquid.

Please remember to bring the knee brace, crutches, slings, or any other surgery-related items that you have received. You will use these items after your operation.

If you are having **KNEE** surgery, you should bring shorts and a pair of sturdy shoes, such as tennis shoes, to wear after your surgery. Women should wear a sports bra.

Remove all fingernail and toenail polish. Remove all jewelry and other valuables (including any additional piercings) and leave the articles at home.

Preoperative Evaluation:

Dr. Livermore, Brian Zerger, PA-C or Rachelle Jesseph, PA-C will review your medical history with you when you schedule your surgery. They will determine whether or not you need to be evaluated by your family doctor and/or cardiologist and have lab work done prior to surgery. This lab work will be based on our previous health history, current medications, age and the type of surgery you are having completed.

If requested, please have this lab work completed as soon as possible. You should follow-up with your physician to make sure that they have sent it to our office. They may fax it directly to us at (316) 260-6114. Failure to have this done in a timely manner may make it necessary to postpone your surgery. We must receive your lab results a minimum of one week prior to your surgery, and the results must not be older than 30 days.

If you have diabetes, COPD, asthma, cardiac problems, reflux, seizures, sleep apnea, or smoke, here are further instructions that you should follow:

- **Diabetics:** Eat a hearty meal the night before surgery and take usual P.M./H.S. dose of insulin. If you take Metformin, skip your PM dose the evening prior to surgery. For surgery before noon, do not eat or drink anything after midnight and omit the usual A.M. insulin injection or medication. For surgery after noon, take clear liquids before 6:30 A.M. and take ½ the usual A.M. dose of insulin. If an insulin reaction occurs then drink 6-12 oz. of juice to relieve symptoms.
- **Cardiac Problems/Medications:** Take usual morning medications with sips of water upon rising. If using Nitro Stat tabs, have immediately available and bring the bottle to surgery. Tell the nurses and the anesthesia provider if any significant chest pain has occurred within the past 48 hours.
- **COPD/Asthmatics:** Take all respiratory medications on the morning of surgery with sips of water upon rising. Use inhalers and bring them to surgery. Inform the anesthesia provider if having difficulty breathing.
- **Seizure Medications:** Take all routine seizure medications on the morning of surgery with sips of water upon rising.
- **Reflux Medications:** Take all routine reflux medications on the morning of surgery with sips of water upon rising.
- **Tobacco:** Stop all tobacco (smoking or chewing) at least 24 hours prior to surgery. Use of tobacco decreases the ability of the body to heal properly.

- **Sleep Apnea:** If you have sleep apnea, there is a chance you will have to stay overnight, depending on your condition following the surgery. Make sure you are prepared for this. If you have a CPAP/BiPAP machine, bring it with you and leave it in your car in case you need it.

If you are on birth control pills or hormone replacement therapy, discontinue these medications for 4 weeks after surgery to decrease the risk of a blood clot. Please utilize another form of birth control for the 4 week time period.

The Day of Surgery:

At the hospital/surgery center, a nurse will review your medical history with you again. You will be given a consent form to sign that states you understand the risks and benefits of the surgery and agree to have it done. Ask your doctor or nurse any questions you may have about the procedure.

An intravenous (IV) line will be started in your arm. You will receive fluids and medication through your IV during your operation. You will be escorted to the operating room on a wheeled cart.

After the Surgery:

You will be taken to the recovery room when the operation is over. During this time, nurses will check your blood pressure, breathing, pulse, and temperature. They will also check the circulation and movement of your extremities. When you are fully awake and have recovered from the anesthesia you will be discharged from the hospital/surgery center.

After Discharge from the Hospital:

Prescription Medications

Pain Control: You will receive prescriptions for pain (Norco or Percocet) and POSSIBLY an anti-inflammatory medication (Naproxyn, Mobic, or Ibuprofen). You should take the pain medications as prescribed to keep your pain under control.

It is better to prevent pain rather than to try and relieve it after it occurs.

If necessary, set an alarm to awaken you in the middle of the night to take your pain medication. After the first two or three days, you may no longer require scheduled pain medication. You may then take you pain medication on an “as needed” basis. We recommend that you take your medications with food or at least crackers or milk.

Nausea Control: Zofran (ondansetron) oral, dissolvable tablets.

You may elect not to get this prescription filled unless you are having problems with nausea or vomiting. This tablet is placed into the mouth and allowed to dissolve

Recommended over-the-counter medications from your pharmacy:

- Colace 100mg every day to prevent constipation. Drink plenty fluids.
- Benadryl 25-50mg every 4-6 hours. Use for itching caused by medications.
- Extra Strength Tylenol or Ibuprofen (Motrin/Advil etc.)

If medications, ice, and elevation do not provide pain relief, call Dr. Livermore's office.

If you had knee surgery, Dr. Livermore may recommend taking buffered (enteric coated) 81 mg aspirin (Ascriptin), by mouth, twice daily for four weeks to help decrease the risk of blood clot formation (deep venous thrombosis or DVT).

Cold Therapy:

Most patients (but not all) will have a cold therapy device applied to the operative site following surgery. Use the device continuously for the first 48-72 hours and elevate your extremity (above the level of your heart) as much as possible. The use of ice will decrease the amount of swelling, which in turn will decrease the pain. **IT IS VERY IMPORTANT TO APPLY ICE / COLD THERAPY DEVICE FOR 20-30 MINUTES AFTER PHYSICAL THERAPY OR ANY ACTIVITY.**

The cold therapy device will use a lot of ice, so you will need to buy some ice and have it available when you get home. If you do not receive a cold therapy device following your surgery, you may use an ice bag at home to help decrease your pain and swelling.

Remember to NEVER place the cold therapy pad or ice pack directly against the skin. A towel should be placed between the pad and the skin because frostbite can occur.

Dressing Change:

DO NOT REMOVE SPLINTS OR DRESSING. Those who have had Knee Arthroscopy or Shoulder surgery, your dressing change will be completed at your first Physical Therapy Appointment. All others refer to your Post Op discharge sheet.

Suture Removal:

You may or may not have any VISIBLE sutures. If you do, you should keep them **clean and dry**. They will be removed approximately 7 to 10 days after surgery, during your first postoperative visit with Brian Zerger, PA-C or Rachelle Jesseph, PA-C.

Sling/Shoulder Motion (Shoulder Surgery):

When you are dismissed from the surgery center, you will be given specific instructions about the use of the sling and what shoulder motion is allowed. This will be based on the

specific surgical procedure you underwent. Physical Therapy will give you further instructions on exercises after your first appointment.

Physical Therapy:

You will receive a physical therapy prescription on the day of surgery. This will explain to the therapist your diagnosis, what treatment was performed, and what they need to do to treat you.

Be sure to take this form with you to your first physical therapy appointment. *If you need a referral from your primary care doctor, please be sure to take that along also.*

Along with your post-op visits, please make your PT appointments as soon as you can so that you are able to get an appointment 2 or 3 days after your surgery. It is a good idea to take your surgery pictures with you to the first post-op therapy appointment.

If you are having knee surgery, you may want to go to your physical therapist one time before your surgery for crutch training and post-op exercise instructions.

We want you to safely learn how to use your crutches and would like PT to show you how to go up and down stairs correctly as well as basic crutch ambulation. The staff at the surgery center will ask you if you have had crutch training. If so, then please let them know. This may speed your dismissal.

Returning to Work or School:

You may return to sedentary work activities or school two to three days after surgery if pain is tolerable. Returning to heavy physical work will be determined by your physician.

Normal Sensations and Findings after Surgery:

After surgery you may experience the following sensations:

- Pain at the operative site
- Swelling and warmth for three to four weeks
- Small amount of bloody drainage
- Numbness in the area of your incisions. When the incisions were made small nerve fibers in the skin were cut. These nerves must regenerate before sensation returns to normal.

- Soreness and swelling in the back of knee (knee surgery).
- Swelling of the lower leg including the ankle. If this occurs you should elevate the leg above the level of your heart and apply ice to the swollen area. (knee surgery)
- Swelling of the arm, hand, and fingers (shoulder surgery).
- Bruising that is evidenced by black and blue marks.
- Numbness in the area of the foot. This should resolve in several days. If it persists you should contact your physician.
- A low grade temperature less than 101.5° Fahrenheit. If this occurs you should drink plenty of fluids, take Tylenol and do coughing and deep breathing exercises every hour while awake. This will help to expel any mucous that is present in the lungs. When doing the coughing and deep breathing exercises, you should take 10 deep breaths and fully exhale. On the last breath hold it for several seconds and then cough forcefully a few times.
- A small amount of redness in the area where the sutures insert into the skin is normal (if you have them).
- A sore throat following surgery. This may be related to the tube placed in your throat while you were under anesthesia during surgery. If you experience a sore throat you should gargle with warm salt water 3 to 4 times a day to help relieve the discomfort.

When to Call the Doctor:

If you have any of the following signs of infection, call your doctor immediately:

- Swelling or redness of the incisions
- Drainage from the incisions
- Fever at 101.5°F or above
- Unusual pain around the incisions

Call your doctor **immediately** if you have tenderness or deep pain in your calf that becomes worse when you pull your toes toward your knee. Watch for increased swelling or warmth in your calf. These signs could indicate a possible blood clot deep in your calf, a condition that requires immediate attention.

If you have any questions, please feel free to contact us at (316) 719-2162 or (316) 928-8326. Thank you for entrusting us with your care.

Additional Resources



PATIENT PORTAL

For your convenience, we offer a safe and simple way to request appointments, access your medical information, pay your bill online, and more. To update your file or for assistance, please call (316) 630-9300 option 3. Log in here: <https://bit.ly/AthenaPortal>.



VISIT OUR WEBSITE

Go to <https://midamortho.com> to learn more about our practice, doctors, read our blog, and more.

Read more about Dr. Livermore: <https://bit.ly/MAOLivermore>

View Dr. Livermore's PT protocols: <https://bit.ly/MAOLivermorePT>

***Please call our office if you have any further questions
Best wishes for a speedy recovery!***